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Experiential Learning: Bringing the Physical into Learning; Experiential Education and the Extension of the Embodied Experience; Experiential Education as It Is Defined Today; Kurt Hahn and the Founding of Experiential Education; Current Practices in Experiential Education; Experiential Education in Practice; Reflective Learning from Experiential Education; 6. Dance as a Way of Knowing; Dance as a Birthright; Embodied Knowing; Dance and the Lived Body; The Play of Dance-the Dance of Play; Dance and Literacy; Dance as a Way of Inquiry; 7. Embodied Knowledge and Decolonization: Walking with Theater's Powerful and Risky Pedagogy; Defining the Territory; Embodied Knowing and Decolonization; Witnessing and Embodiment; The Safety and Power of Fiction; Implications for Adult Educators; 8. Coming Full Circle: Reclaiming the Body; Body Wisdom; Role of the Body in Holistic Learning; Awareness of Self and Others; Experiential and Transformative Learning; Challenging Dominant Ideology About the Body; Coming Full Circle; Index

Sommario/riassunto

Explore the multiple ways adults learn through their bodies. Embodied or somatic learning is a way of learning that relies on the body's knowledge. Our most basic form of learning in childhood is preverbal; however, traditional schooling forces us to check our bodies at the door, requiring us to sit at a desk and raise our hands, focusing primarily on cognition to the exclusion of other ways of knowing. By the time we reach adulthood, "being in our bodies" is a foreign concept and a source of discomfort for many of us. This volume challenges the dominant paradigm of how knowledge is c
